

# MILWAUKEE COUNTY SENIOR DINING

## LUNCH

FOR CURBSIDE PICK-UP  
**MARCH**



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| <br><b>CALL SITE</b>  | Hard Salami <sup>1</sup><br>Kaiser Roll<br>Mayo<br>Cherry Tomatoes<br>Broccoli Salad<br>Sun Chips<br>Mandarin Oranges         | Vegetarian Chef's Salad <sup>2</sup><br><i>Lettuce, Cucumber, Egg<br/>                     Carrots, Tomato, Cheese<br/>                     Salad Dressing</i><br>Bran Muffin<br>Cottage Cheese<br>Cinnamon Apple Slices                     | Shaved Ham <sup>3</sup><br>Whole Wheat Bread<br>w/Mustard<br>Asian Coleslaw<br>🍅 Tomato Juice<br>Fresh Pear<br>Spice Cake   | Veggie & Cheese <sup>4</sup><br>Tortilla Wrap<br>Marinated Bean Salad<br>Pretzels<br>Blueberry Yogurt<br>Sliced Peaches  |
| Chicken Salad <sup>7</sup><br>Coney Bun<br>Marinated Carrot Salad<br>Grape Tomatoes<br>Applesauce<br>M & M Cookie   | Roast Beef <sup>8</sup><br>Whole Grain Bread<br>Pea & Cheese Salad<br>Red Cabbage Slaw<br>Pear Slices<br>Rice Krispie Treat   | Tuscan Tortellini Salad <sup>9</sup><br><i>Spinach, Salami, Olives<br/>                     Pepperoni, Mozzarella<br/>                     Lettuce, Dressing</i><br>Whole Wheat Dinner Roll<br>Banana<br>Oatmeal Raisin Cookie               | Submarine Sandwich <sup>10</sup><br>w/Lettuce & Tomato<br>Pasta Salad<br>Pickled Beets<br>Chips<br>Red Delicious Apple  | Tuna Salad <sup>11</sup><br>Sesame Bun<br>Cauliflower Florets<br>Kidney Bean Salad<br>Chocolate Pudding<br>Grapes  |
| Sliced Turkey <sup>14</sup><br>7-Grain Bread<br>Broccoli Slaw<br>Chips<br>Peaches<br>Coconut Pie<br> | PB & J <sup>15</sup><br>English Muffin<br>Marinated Bean Salad<br>Sun Chips<br>Strawberry Yogurt<br>Granny Smith Apple        | Taco Salad <sup>16</sup><br><i>Lettuce, Taco Meat<br/>                     Tomato, Peppers, Onion<br/>                     Cheese, Dressing</i><br>Tortilla Chips<br>Mixed Fruit Cup<br>Cereal Bar   | Corned Beef & Swiss <sup>17</sup><br>1,000 Island Dressing<br>Marble Rye Bread<br>Cabbage Slaw<br>Pickle Spear<br>Fresh Pear<br>Shamrock Cookie<br><b>St. Patrick's Day</b> | Seafood Salad <sup>18</sup><br>on Leaf Lettuce<br>Pasta Salad<br>Baby Carrots<br>Split-Top Dinner Roll<br>Tropical Fruit Cup   |
| Ham & Cheese <sup>21</sup><br>Kaiser Roll<br>Potato Salad<br>3-Bean Salad<br>🍊 Orange Juice<br>Blondie  | Chicken Salad <sup>22</sup><br>Oatmeal Bread<br>Marinated Vegetables<br>Red Jello<br>Banana<br>Snickerdoodle Cookie           | 7-Layer Salad <sup>23</sup><br><i>Lettuce, Egg, Cheese<br/>                     Peas, Chives, Bacon<br/>                     Mayo Dressing</i><br>Crusty Bread<br>Fruit Cocktail<br>Spice Cake   | Roast Beef <sup>24</sup><br>w/Mustard<br>Sourdough Bread<br>French Potato Salad<br>Garden Salad/Ranch<br>Clementine<br>Lorna Doone Cookies                                  | Egg Salad <sup>25</sup><br>7-Grain Bread<br>Arugula & Tomato Salad<br>Corn Chips<br>Fruit Cup<br>Banana Muffin   |
| Tuna Salad <sup>28</sup><br>Italian Bread<br>Broccoli Salad<br>Pretzels<br>Fruit Cocktail<br>Graham Crackers  | Ham Salad <sup>29</sup><br>7-Grain Bread<br>Carrot Raisin Salad<br>String Cheese<br>Pineapple Tidbits<br>Peanut Butter Cookie | Chicken Caesar Salad <sup>30</sup><br><i>Grilled Chicken<br/>                     Romaine, Tomato<br/>                     Croutons, Parmesan<br/>                     Caesar Dressing</i><br>Italian Bread<br>Fresh Orange<br>Lemon Pudding | Roast Turkey BLT <sup>31</sup><br>Whole Grain Bun<br>American Potato Salad<br>Black Bean Salad<br>Cranberry Relish<br>Granola Bar   | Suggested Contribution<br><b>\$3.00</b><br>60+<br><br> |

## Can Processed Food Be Healthy?



There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled "natural" or "organic" can be processed.

More people are paying attention to processed food.

**74%** of consumers prefer less sodium in processed foods.

Almost **50%** of consumers have tried to eat fewer processed foods.



What do you need to know?



Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.



Some foods are processed with ingredients typically used in cooking, such as salt or sugar.



Highly processed foods are manufactured with ingredients that are not typically used in cooking.

### 1 Choose healthier processed foods.

By one recent estimate **highly processed foods** contribute

**50% of the calories & 90% of added sugars** in the American diet

It's important to:

- Read food labels.
- Look for the **Heart-Check mark** on packaged foods.
- Make healthier choices when eating out.



### 2 Seek healthier alternatives to highly processed foods.



Cook more meals at home.



Swap highly processed foods with less processed options.



Try fruits and vegetables from the produce aisle, the farmer's market, or your own garden.

### 3 Watch out for sneaky sodium.

Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke.

**Shake your sodium habit.**

Most of the sodium we eat comes from **PROCESSED, PREPACKAGED, AND RESTAURANT FOODS, NOT THE SALT SHAKER.**



### 4 Take your food into your own hands.



American Heart Association advocates have written **more than 29,000 letters to the food companies and restaurants** that provide processed foods, asking that healthier options be made available.

**You can too! Join our growing community, take action, get helpful tips and #BreakUpWithSalt today by visiting [heart.org/sodium](http://heart.org/sodium).**

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## NUTRITION & ORAL HEALTH: THE ROOT OF IT ALL

Registered dietitians at the Academy of Nutrition and Dietetics recognize a link between mouth health and nutrition. Oral infectious diseases, as well as acute, chronic and terminal illnesses with oral symptoms can impact not only our ability to consume food properly, but also our health and nutrition status.

ORAL HEALTH ISSUES IN OLDER ADULTS (65+ YRS):

**1/3** HAVE UNTREATED DENTAL ISSUES



FOR MANY, AN ANNUAL DENTAL EXAM IS A LUXURY



**72%** on average have health insurance

**56%** on average have health insurance

ORAL HEALTH ISSUES IN CHILDREN (2-4 YRS):



### THE DON'TS FOR ORAL HEALTH

- 1. **DON'T** regularly sip on sugar-sweetened or carbonated drinks.
- 2. **DON'T** overly consume sticky foods or slow-dissolving candies.
- 3. **DON'T** frequently eat desserts or other sugary foods.

### THE DO'S FOR ORAL HEALTH

- 1. **DO** maintain a healthy diet of fruits and vegetables, lean protein, low-fat dairy products and whole grains that provide essential nutrients.
- 2. **DO** practice good oral hygiene (i.e. brushing your teeth with fluoridated toothpaste twice a day, drinking fluoridated water, and seeking regular oral health care).

**ORAL HEALTH CARE & NUTRITION IS ABOUT EDUCATION**  
But the collaboration between patients, dentists and registered dietitians can prevent and alleviate a lot of common dental problems – and offer better health to boot!

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Position of the Academy of Nutrition and Dietetics: "Oral Health and Nutrition" (May 2013). [http://www.eatright.org/files/Content/Assets/Oral\\_Health.pdf](http://www.eatright.org/files/Content/Assets/Oral_Health.pdf)  
Gallup Wellbeing: "Residents in Maine, Connecticut Lead Nation in Dental Visits" (Sept. 2011). <http://www.gallup.com/10700/Residents-Maine-Connecticut-Lead-Nation-Dental-Visits.aspx>

\*Based on a 2011 Gallup study of more than 177,000 interviewees ages 18 and over who say they visited the dentist between January and June 2011.